Winnipeg metro
Your essential daily news | MONDAY, AUGUST 24, 2015

Time Is Running Out

Get It Before It's Gone!

Our most exciting **banking offer** ends September 18. Details inside.

RBC®

SEPT. 18
FINAL CHANCE!

Join RBC. Enjoy better banking.

iPad mini 2

Get a Complimentary iPad mini 2*

Join RBC and we'll give you an iPad mini 2, so you can enjoy a better banking experience.

Open a new all-inclusive banking account and get great features like no minimum balance requirements, free† *Interac*‡ e-Transfers, and non-RBC ATM fee refunds in Canada^. Plus, you can bank conveniently with the RBC® Canada app available in the App Store.

FINAL CHANCE! This offer ends September 18, 2015.

Visit rbc.com/getipad or call 1-866-864-9755

RBC®

*Conditions apply. To get an iPad mini 2, you must be a new eligible personal client, open either an RBC Signature No Limit Banking account or RBC VIP Banking account during the promotional period, and complete criteria by October 19, 2015. Offer available from August 6, 2015 to September 18, 2015 but may be changed or withdrawn at any time without notice. Clients who received the iPad mini in 2014 or iPad mini 2 in the 2015 campaign that ran between April 30th and June 15th are excluded. †RBC Signature No Limit Banking account includes 15 *Interac*‡ e-Transfers per monthly cycle. RBC VIP Banking account includes unlimited *Interac*‡ e-Transfers. Other conditions and restrictions apply. ^RBC will refund the *Interac*‡ network access fee up to a maximum of three (3) refunds per monthly cycle, if used, for RBC Signature No Limit Banking (SNL) accounts and unlimited times for RBC VIP Banking accounts. ATM operator surcharge (also called a convenience fee) may be charged by other ATM operators and added directly to the amount of your cash withdrawal. The convenience fee is not a Royal Bank fee and is added directly to the amount of your cash withdrawal. All clients who use non-RBC ATMs may be charged a convenience fee regardless of the type of account they hold. ® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡All other trademarks are the property of their respective owner(s).

Winnipeg metro

Your essential daily news | MONDAY, AUGUST 24, 2015 | High 19°C /Low 7°C Sunny

DE GRASSE IS WORLD CLASS

CANADIAN SPRINTER FAST ENOUGH TO KEEP UP WITH BOLT metroSPORTS

Strong winds brought down a mature tree in Norwood Flats Sunday. There were no injuries reported and damage to the house hasn't been determined. TED GRANT/FOR METRO

REELING FROM WEEKEND STORM

WEATHER

Wild winds, heavy rain wreak havoc through city

Elisha Dacey
Metro | Winnipeg

It was a stormy weekend that saw events cancelled, power go out for thousands, and people canoeing down streets and in parking lots.

Parts of Winnipeg were slammed with more than 90 mm of rain over the weekend, and winds gusted to 70 km/h Sunday.

On Saturday, the wild storm saw streets and parking lots flooded; a picture of kayakers in a Walmart parking lot was posted to social media.

The city said they received numerous reports of flooded catch basins, downed trees and at least one raw sewage back up.

Meanwhile, Manitoba Hydro was kept busy all weekend as the intense water and winds knocked out power to thousands throughout the city.

Crews worked through the night Saturday, a spokesperson said, and then were out again Sunday as the wind brought down more trees and wires.

In the Charleswood area, resident Helen Anderson said her neighbour lost a tree, and nearly her house.

"Her tree toppled down and a big branch took out her fence," said Anderson, 44. "She was lucky. The branch missed the roof and the house."

The inclement weather cancelled events, including the second day of the MS Society of Canada's Biking to the Viking event.

This is the second year in a row they've had to cancel due to weather-related issues, according to a statement sent out to media.

Over at St. Vital Mall, the food court flooded Saturday, bringing in a few inches of water that workers struggled to remove from the building.

And the St. Norbert Farmer's market posted on Facebook Saturday they were shutting down early, adding photos of vendors pushing their wares through shin-deep water.

Saturday's storm also brought toonie-sized hail to Sage Creek, and outside the city, some areas saw 140 mm of rain and 85 km/h winds.

PHOTO: TWITTER.COM

SPACES STILL AVAILABLE FOR 2015
BUSINESS ADMINISTRATIVE ASSISTANT | PHARMACY TECHNICIAN
Check out all our programs available for February 2016!
Visit MITT.ca or call 204.989.6500 | Register online for a campus tour
MANITOBA INSTITUTE OF TRADES AND TECHNOLOGY
THE WORK SCHOOL

metro NEWS

Your essential daily news

France rewards American airmen for stopping train attack. **World**

POLITICS

Selby considers federal NDP run

A former Manitoba cabinet minister who questioned Premier Greg Selinger's leadership is considering a run for federal office.

Erin Selby was health minister until last fall, when she and four other senior cabinet members suggested Selinger resign to help stop the NDP government's slide in popularity.

Rumours about Selby making a federal run have been swirling for weeks and she confirmed Saturday she is mulling over a bid for the NDP nomination in St. Boniface-St. Vital.

Selby says a number of friends and neighbours have approached her about the seat, but she has not made a decision yet.

The riding is currently held by the Conservatives but incumbent Shelly Glover is not seeking re-election.

The New Democrats have finished third in the riding in recent elections.

Selby, whose provincial constituency of Southdale forms part of the federal riding, expressed optimism in a written statement Saturday.

"It's an honour to represent the families of Southdale, and that continues to be my focus," she said.

"A number of friends and neighbours have approached me about running federally because they want to see change in Ottawa — and in this election, the only person who can deliver change is Tom Mulcair. At this point, I have not made any decisions. I'll be sure to keep you updated."

THE CANADIAN PRESS

Erin Selby HANDOUT

A release states that efforts will be made to accommodate people on the waiting list for next month's gathering. ELISHA DACEY/METRO

Racism summit in city nearly sold out

INCLUSION

Sept. 17-18, at Canadian Museum for Human Rights

Winnipeg's mayor says the national summit on racism being held in the city next month is nearly sold out — just three days after he announced the two-day event.

In a release Mayor Brian Bowman advised anyone wanting passes for One: The Mayor's National Summit on Racial Inclusion to head to 1winnipeg.ca as both days are almost at capacity.

"Our community has truly come together in their willingness to demonstrate that we are prepared to play a leadership role in addressing an issue of such great importance in Manitoba and across our nation," said Bowman in a release.

The summit will be held at the Canadian Museum for Human Rights Sept. 17-18.

The release said the city and the museum have set aside additional passes for those needing financial assistance. As well, every effort will be made to accommodate as many people as possible from the waiting lists, according to the release.

Total capacity for the first day is 450 and attendance for the second day is capped at 350.

METRO

RANA BOKHARI

Manitoba Liberals vow electoral reform

Shane Gibson
Metro | Winnipeg

Manitoba Liberal leader Rana Bokhari is vowing to change the way Manitobans vote if her party takes power in the next provincial election.

At a news conference held at the Legislative Building Friday, Bokhari said Manitobans have told her they don't feel their votes count, and if elected premier she would move the province to a proportional representation electoral system.

"If Manitobans are saying that their votes don't matter and they're voting either against someone and they're not voting for something , then we have a problem," said Bokhari. "There needs to be a change, the current system does not work."

But Bokhari couldn't say exactly what the new system would look like, telling reporters her government would have to consult with Manitobans before making any changes.

"There's many models out there," she said.

"We need to find one that fits Manitobans… what that model looks like is where consultation comes in."

Bokhari said bringing a proportional representation electoral system to Manitoba would help people feel engaged in elections, especially young people.

Bokhari couldn't say how many Manitobans she's spoken to who have told her they feel their votes don't count, when pressed by reporters.

Bokhari will run in her first provincial election next year in the Fort Rouge riding.

RESEARCH

Ebola scientist to leave Winnipeg

The scientist who led the work to develop the Ebola drug ZMapp is going to be leaving the National Microbiology Laboratory in Winnipeg.

Dr. Gary Kobinger is the lab's chief of special pathogens, heading a team that works on some of the world's worst disease threats.

> **"It's actually very hard to leave here.... A very tough decision.**
> Dr. Gary Kobinger

Kobinger will be vacating that position next June to become the director of the Centre for Research in Infectious Diseases at Laval University in Quebec City.

"We're so proud. We consider we are very privileged to have the opportunity to have him," said Dr. Michel G. Bergeron, the founder and current head of the centre, who is relinquishing the directorship — but staying on as a researcher — after 41 years.

"Gary is a fantastic human being and an extraordinary researcher."

In an interview, Kobinger said the long notice will give the Public Health Agency of Canada time to find the right candidate to take over the special pathogens program, which has brought great acclaim to the national lab. In addition to ZMapp, the Winnipeg group designed the first Ebola vaccine that has been shown to be effective in people.

And it developed and pioneered use of small mobile laboratories — a lab in a suitcase, essentially — that have changed the way testing is done during Ebola outbreaks. Kobinger grew up in Quebec and had hoped to return there someday. Still, he said deciding to step down from the Winnipeg job was difficult.

"The amount of publications and contributions that this group has been doing ... in the past five years is quite impressive."said Kobinger.

He has made many contributions to the field of research into viral hemorrhagic fevers such as Ebola and Marburg.

THE CANADIAN PRESS

HEALTH

Pride Winnipeg hosting blood clinic

Pride Winnipeg and Ally Blood Donor Clinic are teaming up to raise awareness about upcoming changes to Canadian Blood Service's (CBS) donation policy on men who have had sex with men (MSM).

The MSM policy is a CBS policy mandated by Health Canada, which limits men who have had sex with another man in the last five years from donating blood.

The policy had previously been a lifetime ban, but that was reduced to the five-year ban after a review of scientific evidence and consultation with high-interest groups including Pride Winnipeg.

"While the MSM policy is seen as controversial amongst the LGBTTQ community, Pride Winnipeg will continue to work with CBS on finding a way in which MSM individuals whom are not practising high-risk activities can donate blood in Canada," says Jonathan Niemczak, president of Pride Winnipeg.

Pride Winnipeg said many question why the MSM policy is required since there have been significant advances in HIV and STI screening and all blood donations are tested.

But despite the sophisticated technology, there is a brief period shortly after infection when HIV is not detectable, and if an individual were to donate blood during this period the testing would not detect the virus, said Pride Winnipeg.

The Ally Blood Donor Clinic encourages eligible individuals to donate blood on behalf of MSM individuals at an upcoming clinic on Monday.

Eligible donors can book an appointment by either going to blood.ca or calling 1-888-2DONATE (1-888-236-6283). METRO

ENTREPRENEURSHIP

Manitoba launches site for craft brewers

The province of Manitoba is hoping to give would-be craft brewers, distillers, and winemakers a "one-stop shop" for information on how to get started in the industry with a new website.

ManitobaBrewHub.ca is now live.

"Our goal is to encourage growth in the local craft brewing and micro-distillery industry to create more jobs and opportunities at home in agriculture, hospitality and tourism," said Ron Lemieux, minister for tourism, heritage, sport and consumer protection, in a release.

The website provides links to municipal, provincial and federal information needed to start operations in Manitoba. The site is divided into four broad sections: learning; getting started; selling the goods; and resources. METRO

DETAILS

The site is currently maintained by Manitoba Liquor and Lotteries, but the province hopes to pass ownership to a member-run association in the future.

Winnipeg's Doreen Routley, who stopped supporting the Progressive Conservatives while Brian Mulroney was prime minister, is doiung what she can to ensure the party doesn't return to power in Ottawa in this election. DAVE BAXTER/METRO

Senior on the streets, protesting Harper

POLITICS

81-year-old says she wants to change people's vote

Dave Baxter
Metro | Winnipeg

She may be 81 years old, but Doreen Routley isn't afraid to pound the pavement to protest the Stephen Harper government.

The Winnipeg woman has been seen downtown daily wearing a sandwich-board sign that says things like "Defeat Harper" and "Bring Back Democracy."

"We don't have democracy anymore," said Routley while standing by the corner of Portage and Main Friday morning, wearing the board and handing out literature blasting the Harper government.

"Things are being hidden in many places including in the omnibus bill, and Harper promised transparency and we don't get it."

Routley said she is also concerned because medicare costs keep going up but Harper "keeps lowering what he is putting in."

The goal of her protests is to change people's minds about how they vote in the upcoming federal election.

"If just one person changes their vote then this is worthwhile. I am on a real mission here."

Routley said she has no plans to stop her protests.

She said she was a loyal supporter of the Progressive Conservatives but that stopped during the reign of former prime minister Brian Mulroney in the '80s and early '90s.

The federal election is set for Oct. 19.

It's Never Too Late!
A high school diploma is attainable for all ages!
1240 Main Street
204-953-0818
NO FEES!
• Traditional Classroom Setting
• Basic English and Math
Semester 1 starts September 14th
• Math Pre-Cal, Applied & Essentials
• English Language Arts
• Biology, Psychology, Chemistry, Physics and more
• Grade 12 Diploma
• Upgrading
• Day and Evening Courses
AEC Adult Education Centres
DEVELOPING CONFIDENT LEARNERS
Manitoba
VISIT OUR WEBSITE FOR A FULL LIST OF COURSES WE OFFER
Adult Learning and Literacy • Manitoba Multiculturalism and Literacy
www.adult-education.ca

Red River College | School of Continuing Education

Shape Your Future

CONTINUING EDUCATION OFFERS:

- Innovative programming
- Instructors with industry experiece
- Flexible delivery options (in-class, online or on-site)
- Hands-on learning and opportunities to gain practical skills
- Industry-recognized certifications

REGISTER NOW!

Download or pick up your copy of the Fall 2015 Course Schedule.

Visit **rrc.ca/coned** for more information.

THE DIFFERENCE IS HERE

204.694.1789 OR 1.866.242.7073

CDE@RRC.CA | RRC.CA/CONED

Emily Antionio, 14, wears an emergency blanket while taking part in the production of a new survival video. DAVE BAXTER/METRO

Police urge kids to Hug a Tree if lost

SAFETY

City helping with film to be shown nationally

Dave Baxter
Metro | Winnipeg

The Hug a Tree and Survive program is working to prevent kids from getting lost in the woods.

Production crews from an Ontario-based company have created a new version of the Hug a Tree and Survive educational movie that will be shown to kids across Canada.

Winnipeg police have been helping out with the movie-shoot search. Police rescue unit co-ordinator Randy Antonio said the program is called Hug a Tree and Survive because kids who get lost should pick a tree and stay next to it while waiting for help to arrive.

"If you panic and start scrambling, you'll probably end up even more lost or end up hurting yourself and make it even harder for people to find you," said Antonio.

> **If you panic and start scrambling, you'll probably end up even more lost or end up hurting yourself.** Randy Antonio

The Hug a Tree and Survive program focuses on kids in kindergarten to Grade 6 and focuses on four key messages.

"Tell an adult where you are going, hug a tree and stay put, stay warm and dry and help rescuers by answering their calls," said Antonio.

The program was first created in the U.S. in the 1980s after a young boy went missing in the woods and was found dead four days later, said Antonio.

Antonio said the video will be shown to kids across Canada at schools and other seminars.

MANITOBA MUSEUM

Planetarium to screen custom sci-fi flick

Shane Gibson
Metro | Winnipeg

The Planetarium at the Manitoba Museum is going Hollywood.

For one night only this week, the Planetarium will get away from its regular educational film selections to present White Room 02B3, a first-of-its-kind live-action sci-fi film designed and shot especially to be played in domed theatres.

"We've never done anything like this before," said the museum's manager of science communications and visitor experiences, Scott Young. "But that's partly because something like this has never been available before. This is a really cutting-edge thing.

"There's no pointing out of constellations or any of that kind of stuff. This is pure entertainment like you'd see on TV, except it's in 360 degrees."

The roughly 22-minute long film is produced by Roddenberry Entertainment — yes, the people behind Star Trek — and stars Breckin Meyer. It tells the story of six strangers who wake up in a white room with no exits, only to find out they are unwilling participants in an experiment that could change the face of humanity forever.

> **Literally, the actors are on the dome all around you.** Scott Young

It's shot with multiple cameras in 360 degrees to give the audience the feeling they are stuck in the room right along with the actors.

"Literally, the actors are on the dome all around you, looking at each other across the dome, and you're in the middle," said Young. "It really amplifies that sense of 'I'm part of this experience.'"

White Room 02B3 will be screened four times, starting at 7 p.m. Aug. 27 at the Planetarium. Tickets are $10 in advance at manitobamuseum.ca or at the door.

Following the first screening, the museum will set up a cash bar with free pizza in the Science Gallery to give moviegoers a chance to talk about the show with special guests and science experts.

Infinite career opportunities.

We're currently hiring 400 positions in Winnipeg.

With exciting career opportunities and great employee benefits – Shaw is the right place to start your new career.

Apply today at shaw.ca/careers

Shaw)

Adultery website faces $578M class-action lawsuit over breach

ASHLEY MADISON

Two law firms argue 'extreme' violation of users' privacy

Two Canadian law firms have filed a $578 million class-action lawsuit against the companies that run Ashley Madison after a hacker group's data breach exposed some 39 million memberships in the adultery website earlier this week.

Charney Lawyers and Sutts, Strosberg LLP, both of Ontario, said Friday that they filed the lawsuit on behalf of Canadians who subscribed to Ashley Madison and whose personal information was disclosed to the public. The website, with its slogan "Life is short. Have an affair," is marketed to facilitate extramarital relationships.

The lawsuit, filed Thursday in the Ontario Superior Court of Justice, targets Avid Dating Life Inc. and Avid Life Media Inc., the Toronto-based companies that run AshleyMadison.com. Its class-action status "still needs to be certified by the court," the statement says.

Ashley Madison did not immediately respond to requests for comment. It has said that the personal details exposed in the initial data leak can't be used to prove the infidelity of their clients.

The plaintiff is Eliot Shore, an Ottawa widower. Shore said he joined the website for a short time in search of companionship after he lost his wife to breast cancer. He said he never cheated and never met up with any members of the site.

Lawyer Ted Charney told The Associated Press it is the first class-action suit filed against the companies in Canada.

In the U.S., Missouri lawyers have filed a class-action lawsuit in U.S. District Court seeking more than $5 million in damages. Lawyers filed a statement of claim late last month on behalf of an unnamed female plaintiff who said she ponied up $19 so Ashley Madison would purge her personal information from its website in a process called a "paid-delete."

The lawsuit argues that the privacy of Canadian members was breached in July when hackers infiltrated Ashley Madison's website and downloaded private information. The data breach includes users' personal names, emails, home addresses and message history. On Tuesday, the information was posted publicly online.

The law firms' statement said numerous former users of the website have approached them to inquire about their privacy rights under Canadian law.

"They are outraged that AshleyMadison.com failed to protect its users' information," lawyer Ted Charney said.

"The sensitivity of the information is so extreme and the repercussions of this breach are so extreme, it puts the damages faced by members in a completely different category of class-action suits," said Charney.

The law firms said the lawsuit is not being brought against the hackers, who have said they attacked the website in an effort to close it down as punishment for collecting a fee without actually deleting users' data.

The law firms did not immediately respond to a request for comment, and it was not clear in what court the class-action lawsuit was filed.

There are hundreds of email addresses in the data release that appear to be connected to federal, provincial and municipal workers across Canada, as well as to the Royal Canadian Mounted Police and the military.

According to the data breach, some of the website's customers made credit-card transactions from computers attached to the Department of National Defence and Canada's House of Commons.

The data, stored in more than 2,500 files, involved transactions spanning from March 2008 to several days in June of this year.

National Defence referred most questions to the federal Treasury Board, which has an overall responsibility.

Lisa Murphy, spokeswoman for the Treasury Board, would only say that the government has rules for the professional and personal use of its computers.

In a written statement, a DND spokeswoman echoed some of Murphy's statement, and said the department "has policies and practices in place to deter, detect and enforce unauthorized and prohibited computer use. THE ASSOCIATED PRESS

Charney Lawyers and Sutts, Strosberg LLP, both of Ontario, have filed the first major legal case in Canada against Avid Dating Life inc. and Avid Life Media Inc., the Toronto-based companies in charge of AshleyMadison.com. GRAEME ROY /THE CANADIAN PRESS

> **In many cases, the users paid an additional fee for the website to remove all of their user data, only to discover that the information was left intact and exposed.**
> Lawyer Ted Charney

BACKGROUND

The data breach also revealed the credit-card information of U.S. government workers — some with sensitive jobs in the White House, Congress and the Justice Department. THE ASSOCIATED PRESS

RAINFALL

Weekend storms drench Manitoba

Thousands lost power, sewers backed up and a mall flooded when parts of Winnipeg were drenched with more than 50 millimetres of rain.

Environment Canada meteorologist Jim Slipec says the South St. Vital district of the city got 70 mm on Saturday, followed by another 10 mm early on Sunday.

Flooding closed the cinemas at the St. Vital Shopping Centre on Saturday night.

By Sunday morning, the city had received 10 calls for raw sewage backup and 21 calls for clean sewer backup.

Some rural areas also saw baseball-sized hail.

Manitoba Hydro said 4,000 people were left without power Saturday and crews were still working to restore it in some parts of Winnipeg on Sunday.

The wet and windy weather also disrupted the annual Biking to the Viking charity ride for multiple sclerosis.

THE CANADIAN PRESS

IN BRIEF

Plane lands safely after 'mechanical emergency'

An Air Canada flight headed from St. John's, N.L., to Toronto safely landed Friday after crew reported a mechanical emergency soon after takeoff.

The St. John's International Airport Authority said the plane circled back and returned without incident just before 2:30 p.m.

Airport emergency and local fire crews responded along with regional health officials.

No injuries or need for medical treatment were reported.

Air Canada spokesman Peter Fitzpatrick said the pilot turned around when the landing gear on the Embraer 190 aircraft would not retract.

Fitzpatrick said in an email the cause is under investigation and customers will be moved to different flights to be on their way as quickly as possible.

There were 100 passengers and crew onboard.

THE CANADIAN PRESS

ADVISORY

Southern B.C. hit by smoke from U.S. fires

Smoke from wildfires raging in Washington state has drifted north, blanketing much of southern British Columbia in a thick haze.

Winds drove smoke from several wildfires south of the border into the province over the weekend, resulting in poor visibility and air quality issues, the B.C. Wildfire Service said in a release.

A series of wildfires in Washington state has grown to 968 square kilometres, and includes the Stickpin fire burning about 4.5 kilometres south of the Canada-U.S. border.

B.C. fire crews, including 33 fire personnel, three officers and two pieces of heavy machinery, crossed into Washington state on Sunday to help American crews fight the blaze.

Fire information officer Fanny Bernard said the Canadians will be responsible for a northeastern branch of the 192-square kilometre fire.

THE CANADIAN PRESS

Harper defends Novak

ELECTION 2015

Marks the first time PM refers to chief of staff by name

The revelations of the Mike Duffy trial have placed Stephen Harper's two most recent chiefs of staff in a spotlight that has repeatedly outshined the Conservative leader's federal campaign messaging.

On Sunday, the prime minister came down firmly on the side of the current chief of staff — Ray Novak.

And Harper did so by name, for the first time.

As he faced another question about the trial revelations — one that elicited a few noticeable groans from Conservative campaign supporters in Rockland, Ont. — Harper stuck to his core message about the controversial $90,000 repayment of Duffy's expenses.

He again laid the blame at the feet of Duffy, for wrongly claiming the expenses, and of Nigel Wright, his previous chief of staff, for paying them back.

Stephen Harper and wife Laureen donate food with food bank director Michel Castilloux and wife Vivian at the Life Centre in Blackburn Hamlet, Ont., Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Harper prefaced his latest comment, though, with a hint that he's discussed the matter with Novak, one of his most trusted, long-time aides. But he didn't elaborate.

"Mr. Novak has been very clear with me," Harper said Sunday, using his name for the first time after more than a week of questioning by journalists.

Harper emphasized that Wright was the person in charge of his office back in 2013 when all of the Duffy machinations were unfolding, and was therefore the sole staffer responsible for paying back money the senator should have reimbursed himself.

"Instead Mr. Wright did that for him — and I grant he paid back the taxpayers — but he did so without my knowledge, and without my agreement," said Harper.

"And these were his actions, he was boss and he is fully responsible for them."

Harper was kicking off the fourth week of the federal campaign.

Last week, the prime minister's former lawyer Benjamin Perrin testified that Novak — then Harper's principal secretary — was present on two occasions when Wright's payment was discussed. That contradicted assertions from Harper and the Conservative campaign about what Novak knew about the repayment scheme. THE CANADIAN PRESS

TIMELINE

Harper faces one more week of evidence from Duffy's fraud trial, which resumes Monday before it adjourns until November, after the Oct. 19 election.

IN BRIEF

Atwood column disappears, reappears

A newspaper column by Margaret Atwood that poked fun at Stephen Harper's hair disappeared for several hours from the National Post website Friday, raising the ire of the Twitterverse and prompting the award-winning author to wonder if she had been censored.

Atwood's piece was back on the newspaper's main page late Friday after being taken down mid-afternoon.

Post officials said it was held for fact-checking.

The column poked fun at Harper, using as an entry point the Conservative attack ads that take aim at Justin Trudeau with the phrase, "Nice hair, Justin."

After it was removed from the site, Atwood tweeted the paper asking if she had been censored for what she called a "flighty little caper on hair," drawing hundreds of retweets and responses.

The hashtag #hairgate began trending nationally as users questioned the newspaper's intent. THE CANADIAN PRESS

Tools for Every Pain*

HEADACHE

BACK PAIN

ARTHRITIS

To be sure these products are right for you, read and follow the label.
*IMPORTANT: Take only ONE medicine at a time containing acetaminophen.
© Johnson & Johnson Inc. 2015

Available today at SHOPPERS DRUG MART

Train heroes to receive the Legion of Honour

BRAVERY

Military training credited with saving lives

Three American travellers say they relied on gut instinct and a close bond forged over years of friendship as they took down a heavily armed man on a passenger train speeding through Belgium.

U.S. airman Spencer Stone, recounting for the first time on Sunday how a likely catastrophe was averted two days earlier, said the gunman, an assault rifle strapped to his bare chest, seemed like he was "ready to fight to the end." But, he added, "So were we."

Without a note of bravado but a huge dose of humility, the three described Friday's drama on an Amsterdam-to-Paris fast train.

His arm in a sling, Stone, 23, said he was coming out of a deep sleep when the gunman appeared.

One of his friends, Alek Skarlatos, a 22-year-old National Guardsman recently back from Afghanistan, "just hit me on the shoulder and said 'Let's go.'"

French President Francois Hollande and a bevy of officials are presenting the Americans with the prestigious Legion of Honour on Monday. A French citizen who first came across the gunman near a train bathroom and a British man who joined to help tie up the assailant also are being honoured with the award, according to the president's office.

Jane D. Hartley, U.S. ambassador to France, left, acknowledges, from second left, U.S. airman Spencer Stone, Anthony Sadler, a senior at Sacramento University in California, and U.S. National Guardsman Alek Skarlatos at the end of a news conference held at the U.S. ambassador's residence in Paris on Sunday. FRANCOIS MORI/THE ASSOCIATED PRESS

The gunman, identified as 26-year-old Moroccan Ayoub El-Khazzani, is detained and being questioned by French counter-terrorism police outside Paris. French and Spanish authorities say El-Khazzani is an Islamic extremist who may have spent time in Syria. El-Khazzani's lawyer said on Sunday that he was homeless and trying to rob passengers on the train to feed himself.

> **We just kind of acted. There wasn't much thinking going on.**
> Airman Spencer Stone

Authorities in France, Belgium and Spain, where he once lived, are investigating the case. French authorities can legally hold him for questioning until Tuesday, when they must charge him or free him.

His case raises questions about train security as well as how a man who had been on the radar of all three countries managed to board the train unbothered and loaded with weapons.

THE ASSOCIATED PRESS

DIPLOMACY

U.K., Iran restore relations

Britain reopened its embassy in Tehran on Sunday in a sign of newly thawed relations in the wake of a landmark nuclear deal between Iran and world powers.

British Foreign Secretary Philip Hammond attended the reopening ceremony and witnessed the raising of the Union flag over the compound. The embassy has been closed since November 2011, when it was stormed by demonstrators protesting the imposition of international sanctions against the Islamic Republic.

"Maintaining dialogue even under the most difficult conditions is crucially important," Hammond said during a joint press conference with Iranian Foreign Minister Mohammad Javad Zarif. "So reopening the embassy in Tehran and the Iranian embassy in London is not just an important symbol. It's an important practical channel for being able to engage on the very many issues that are of concern and the very many issues that we have shared interests."

Zarif welcomed the reopening of the British Embassy, saying it showed Iran's regional and global significance.

But despite the mutual optimism on display, the reopening was greeted with open skepticism and hostility in some corners. The semi-official Fars news agency, which is considered close to Iran's conservative camp, best captured the sentiment with the headline: "Den of fox reopened."

THE ASSOCIATED PRESS

THAILAND

Unknown bomber may have already fled country, say police

Despite new surveillance video that may offer a possible clue to the bombing in central Bangkok that killed 20 people, Thai police said Sunday that the perpetrators may have already fled the country and that they will "need some luck" to catch them.

Surveillance video leaked to Thai media shows a man in a blue shirt placing a bag on a riverside walkway, then kicking it into the water on Monday night, shortly after the explosion several kilometres away at the downtown Erawan shrine. About 18 hours later, at 1 p.m. Tuesday, an explosion took place at the same spot near a busy pier, causing no casualties.

Col. Winthai Suvaree, a spokesman for Thailand's ruling junta, also said that closed-circuit television showing the main bombing suspect was used to trace the route he took to and from the site of Monday evening's rush-hour attack. He said that a police sketch of the suspect had been distributed to border posts.

Police spokesman Prawut Thawornsiri said he believes the perpetrator would have timed an escape carefully and "wouldn't have much time to stay around."

"I suspect that he may have left, but we will keep searching, in case we can find others who may be in the country or find clues, evidence and witnesses who may have seen him," he told Channel 3 TV network.

Police have offered a reward that on Friday was raised to 3 million baht ($85,000). On a police arrest warrant, the suspect is described as a "foreign man," although a military spokesman said a connection to international terrorism seemed unlikely.

Thailand's police chief Somyot Poompanmoung said investigators would need some luck to catch those behind the attack.

> **If the police have good fortune, we might be able to make an arrest, but ... if the perpetrator has good fortune, maybe they can get away.**
> Police chief Somyot Poonpanmoung

"If the police have good fortune, we might be able to make an arrest, but … if the perpetrator has good fortune, maybe they can get away," he told reporters Sunday after a ceremonial show of security strength meant in part to reassure the public.

Theories abound as to who was responsible for the attack.

They include ethnic Uighurs angry that Thailand repatriated to China more than 100 of their countrymen who had fled from there, Islamic separatists who have been carrying out an insurgency in southern Thailand for a decade, frustrated supporters of former prime minister Thaksin Shinawatra angry at the military government that opposes his return to politics, and rival factions within the army contending for power.

THE ASSOCIATED PRESS

A policeman patrols with a bomb-sniffing dog in Bangkok, Thailand, on Thursday. SAKCHAI LALIT/THE ASSOCIATED PRESS

Emergency services attend the scene on the A27 after a plane careened into cars on the major road during an aerial display at the Shoreham Airshow in West Sussex, England, Saturday.
DANIEL LEAL-OLIVAS/THE ASSOCIATED PRESS

Crash death toll likely 11: Police

ENGLAND

Investigators expect to find more bodies, pilot critical

British police say the death toll from an airshow crash is "highly likely" to increase to 11 people after a fighter jet slammed into a busy main road.

The Hawker Hunter single-seater fighter jet, which was participating in the Shoreham Airshow near Brighton in southern England, hit several vehicles on a nearby road as it crashed Saturday afternoon. Witnesses say the jet appeared to have plummeted when it failed to pull out of a loop manoeuvre.

The initial death toll was seven.

Assistant Chief Const. Steve Barry of Sussex police said officials were removing bodies from the scene Sunday and more fatalities may be discovered.

The pilot remained in critical condition in the hospital, and a crane will remove the jet wreckage on Monday.

In addition to the seven people who died at the scene, police said one patient with life-threatening injuries was taken to the hospital. Another 14 people were treated for minor injuries.

News video and photographs showed a fireball erupting near trees and huge plumes of thick black smoke rising.

A witness, Stephen Jones, told the BBC that the pilot had just begun his display.

"He'd gone up into a loop and as he was coming out of the loop I just thought, 'You're too low, you're too low, pull up.' And he flew straight into the ground either on or very close to the A27, which runs past the airport," Jones said.

Police said all the deaths were believed to have occurred on the road, and no one on the airfield was believed injured. It was not known whether the pilot was able to eject.

THE ASSOCIATED PRESS

He'd gone up into a loop and as he was coming out of the loop I just thought, 'You're too low, you're too low, pull up.'

Witness Stephen Jones on the moment before a pilot crashed his aircraft into a busy road.

MORE WORLD NEWS ONLINE

EUROPE

Two planes collide, killing pilot at Swiss airshow

One pilot died when two small planes collided in the air and crashed at an airshow in northern Switzerland on Sunday, police said.

The two planes were part of a formation of three and they crashed after they touched each other in the air, according to Meinrad Stoecklin, a spokesman for police in Basel-Landschaft.

The automatic rescue system of the first plane didn't activate and the 50-year-old pilot, whose identity wasn't revealed, fatally crashed with his plane into a barn in the centre of the village of Dittingen. Nobody else was hurt in the crash.

The pilot of the second plane managed to escape by parachute and wasn't injured. His plane crashed near a home on the edge of the village. The airshow in the village of Dittingen near Basel was cancelled after the crash, police said.

The two planes were part of a formation of three C-42b planes from Germany called Grasshoppers.

The third plane in the formation wasn't involved in the crash and landed safely, police said.

THE ASSOCIATED PRESS

TEXAS

Men hurt after helicopter goes down during shoot

Authorities say two men were injured in a helicopter crash while filming an episode of the television reality series A Haunting in Texas.

The Texas Department of Public Safety says the crash happened Saturday night near a community located about 30 kilometres east of College Station.

Two helicopters were filming when one was hit by a gust of wind and spun out of control, striking a tree and dropping on its right side.

The Houston Chronicle reports 36-year-old pilot Jacob Oliver and 77-year-old passenger Wayne Bomstad were taken to a Bryan hospital with injures that were not life-threatening.

DPS and the Federal Aviation Administration are investigating. THE ASSOCIATED PRESS

DETAILS

A Haunting, which airs on Destination America, tells the stories of people who say they've had encounters with supernatural forces.

It's Time To Check Out Robertson College.

At Robertson College, your success is our success. Increase your employability with our career-focused programs, work practicums, lifetime career services and job search assistance.

- ✓ Programs in Health Care, Business & IT
- ✓ Many programs can be completed in 1 year or less
- ✓ Online programs available to let you earn your diploma or certificate 100% online
- ✓ Transition smoothly into your new career with real experience from your practicum
- ✓ Gain access to the Robertson Employer Network

Call 204.926.8389 or visit robertsoncollege.com to get started!

MEDICAL MARIJUANA

Demand on the rise for bio pest control

When Sarah Stuive first got into the natural pest control business — which uses predatory insects, or "good bugs," to weed out pests — she never expected to be working with cannabis plants.

But thanks to Health Canada regulations that limit the use of chemical pesticides on medical marijuana to ensure their safety, the biological control specialist said she's seeing an uptick in business.

"I have seen a lot of growth in demand since the start of the cannabis industry," said Stuive, who works for Global Horticultural and provides services to vegetable farmers and plant growers.

Although certain chemical pesticides are permitted on medical cannabis — Health Canada currently has a list of seven approved for use — producers prefer to avoid chemicals, which can leave residue on the plants.

"Specifically in this industry, it's very important not to apply chemicals topically, because when you burn the plant for the medicinal compounds, any residual product that's left on the leaves as a resin, you'll also be burning that and inhaling it," said Emily Moeller of Bedrocan Cannabis Corp.

Biological pest control can be costlier than using chemicals, said Moeller, but in the long run producers could end up saving money: "You won't have to throw entire crops out because they're contaminated," she said.

THE CANADIAN PRESS

Sarah Stuive checks for bugs at Bedrocan's facility in Toronto.

DARREN CALABRESE/THE CANADIAN PRESS

UNITED STATES

Market plummets, hits four-year low

Growing concerns about a slowdown in China shook markets around the world Friday, driving the U.S. stock market to its biggest drop in nearly four years.

The rout started in Asia and spread to Europe, battering major markets in Germany and France. In the U.S., the selling started early and never let up. Investors ditched oil companies, as well as Netflix, Apple and other technology darlings. Oil plunged below $40 for the first time since the financial crisis, and government bonds rallied as investors raced into hiding spots.

By the time it was over, the Dow Jones industrial average fell 530.94 points to 16,459.75, and the Nasdaq slid 171.45 points to 4,706.04. Meanwhile, gold gained $6.40 to settle at $1,159.60 an ounce. THE ASSOCIATED PRESS

An oil train travels along the Columbia River in Syncline, Wash. Environmental organizations cite the Lac-Megantic disaster in 2013 as an example of their concerns surrounding the expansion of crude transportation along the west coast.

THE CANADIAN PRESS FILE

Groups take aim at crude-by-rail plans

ENERGY

Projects touted to lower foreign reliance by 30%

To crude producers hankering for a route to market while pipeline proposals stall, a bevy of crude-by-rail projects planned on the U.S. west coast may look enticing. But efforts to connect trainloads of crude to refineries and marine terminals in Washington, Oregon and California aren't having an easy time either.

Big environmental organizations and small community groups have been teaming up to fight rail projects in various stages of development in the region. Among the concerns is the prospect of more Alberta bitumen, derided as "dirty" in some quarters, coming to the area by rail.

"We're as much of a green enclave as you're going to get in North America," said Matt Krogh, a ForestEthics campaigner based in Washington state.

Some of the concerns centre on local safety. The Lac-Megantic disaster two years ago, in which a crude-laden train exploded and killed 47 people, is still fresh in many minds.

The broad issue of shipping resources from the U.S. west coast — whether that be coal, oil or liquefied natural gas — raises an "identity question," said Eric de Place, with the Seattle-based think-tank Sightline Institute.

"There's a lot of anxiety about that," he said.

A focal point of campaigns has been a $210-million project pitched by Tesoro Refining and Marketing LLC and Savage Energy for Vancouver, Wash.

The Tesoro-Savage project, dubbed Vancouver Energy, is the largest on the table, with a planned capacity of up to 360,000 barrels a day.

The idea is to bring in North American crude by train and then send it by ship to refineries along the west coast, which have been relying on overseas imports to meet half their needs as production in Alaska and California declines. Vancouver Energy says the project would reduce the west coast's reliance on foreign crude by 30 per cent.

Brett VandenHeuvel, executive director of Columbia Riverkeeper, said he's hopeful crude trainloads can be stopped.

"If you asked me a year ago, I might have had a different answer but there's been unprecedented opposition to it," he said. "It's not just conservation groups. It's pretty diverse and broad scale concerns about these projects."

THE CANADIAN PRESS

> **"There's some real cognitive dissonance around allowing the expansion of a dirty and polluting industry in your backyard."**
>
> Matt Krogh, ForestEthics campaigner

Taking Care of Business

Offering an Accounting & Payroll, Business Admin and Office Assistant program

herzing.ca/winnipeg • 204.800.5899

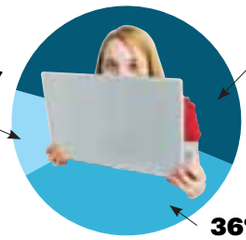
HERZING COLLEGE 50th

metro VIEWS
Your essential daily news
Monday, August 24, 2015

POLL: Is it fair to expose affairs?

A massive hack on the dating website Ashley Madison, which caters to married people, released millions of members' phone numbers, email addresses and credit card numbers last week — some fake, but many genuine as well. Some see this as cosmic justice, while others worry about breach of privacy, particularly for people cheating with the green light from their partners and those who joined the site just for a laugh. We asked our readers what would happen if their online lives were exposed for all to see.

How much trouble would you be in if all your online activities (your surfing history, what you buy, what you watch, everything) were made public?



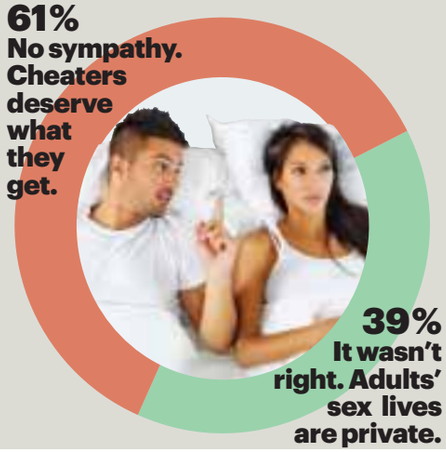
12% I would risk my relationship with my spouse, friends, family or employer

52% I'd have some explaining to do, but I'd live

36% I'd be fine

Answer our poll every Friday at metronews.ca

How do you feel about the release of Ashley Madison users' personal data?



61% No sympathy. Cheaters deserve what they get.

39% It wasn't right. Adults' sex lives are private.

How careful are you with your private information online?

67% I'm fairly careful and change my passwords often
13% I'm extremely careful; I'd encrypt everything if I could
13% I'm lazy & hope for the best
7% I never think about it

Liberals can't seem to get Manitobans' attention

INSIDE THE PERIMETER

Shannon VanRaes

It's time to talk about the Liberals.

No, not those Liberals — the Manitoba Liberals.

Despite being in the midst of the longest federal election campaign in recent history and a couple of weeks away from the start of the school year, it seems Manitoba's Liberals are still at it.

This month has already seen leader Rana Bokhari make three policy announcements. And not the usual, predictable statements against Greg Selinger's NDP government, but actual indications of what the party would do if elected.

Changes to how liquor is sold, electoral reform and faster access to knee and hip surgery were put on the table. Meanwhile, Bokhari's Twitter feed has been a running account of her dedication to the BBQ and cultural-event circuit.

The other noticeable change in tactics?

Jon Gerrard — former Liberal leader and the party's sole MLA — is no longer an awkward third wheel shadowing Bokhari at events.

This shift in gear happens to coincide with the Liberals' hiring of Mike Brown, former director of communications for the Progressive Conservatives, and a one-time Tory candidate, to lead their own communications strategy.

The real question is: will these new efforts work? Can the Manitoba Liberal Party change its fortunes?

It's been more than half a century since any incarnation of the party held power in Manitoba. Even official party status has been out of the Liberals' grasp since the mid-1990s.

Bokhari's election as party leader in October 2013 should have been a breath of fresh air for the party-of-one. Instead, it resulted in rumours of in-fighting and a declining public presence for the party — at least until now.

But with less than a year until the next provincial election and Manitobans distracted by other political issues and warm weather, it may be too little, too late to bring the party back into the spotlight before voters head to the polls.

That said, there are other winds of change that could help fill the Liberals' sails. Selinger is the least popular premier in the country, and opposition leader Brian Pallister is better known for putting his foot in his mouth than for his policies.

It's possible that more seats in the chamber and even official status could be achieved, but not without a lot of effort, strategizing and some luck.

This month has seen leader Rana Bokhari make three policy announcements. And not the usual, predicable statements against Greg Selinger's NDP government.

At the end of the day, Liberal success will depend as much on how the party defines it as it will on how Manitobans cast their ballots.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs.

metroview

Someone threw a rock at my head because they thought I was gay

Tim Querengesser
Metro | Edmonton

The rock was the size of an apple. I heard it fly past my ear as I meditated.

When it landed with a crack, a woman near me in the park screamed. A girl, no older than three, playing about 10 feet from where the rock came to rest, just stared, confused.

I looked behind me, and there, across the street, holding another rock in his right hand, was a guy suggesting he was going to throw again.

I called the police.

Now, let me back up.

Five minutes earlier, I had never met this guy. I was sitting on a park bench when he approached.

"You know, you f-gs can't take over this park," he said.

"I don't know what you're talking about," I said, startled.

He walked away, muttering things about "f-gs." But, believing he was gone, I resumed meditating.

Then, the rock.

When the police arrived, they fruitlessly looked for the guy, who had disappeared into the city's back alleys.

I wrote a report. But when the cop — professional, courteous, helpful — and I discussed it, the conversation became awkward.

"I hate to ask you this, but: are you gay?"

Most of me wanted to rage at the question.

"No," I said.

"Well, if you were, I'd be investigating the guy for a hate crime."

I nearly lost it, but said nothing.

A man had targeted me, believing I was gay. Had the big, heavy rock connected, my brain would have been damaged.

Because I'm not gay, however, to the cop this man wasn't a potential hate criminal but just an annoying hooligan.

The definition of a hate crime varies across the world and also across Canada. A report from the Department of Justice notes each of our police departments works with different concepts of what a hate crime is and is not. Most victims of violent hate crimes, it notes, are ethnic minorities.

Concerning, that. More concerning, though, is how the cop's suggestion that I needed to be gay for there to be a crime made me self-censor.

The justice report notes most victims of hate crimes are "not comfortable approaching the police."

I felt no discomfort with approaching the police — unfortunately, that's the privilege that comes with being white, male and straight. And yet, I had bitten my tongue, not having the energy to explain why his logic was flawed.

Another hate crime went unpunished. One can only imagine how victimizing that police indifference or ignorance would have been for someone who was targeted for who they really are.

Rosemary Westwood will return next week.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank
VICE PRESIDENT & EDITOR
Cathrin Bradbury
VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout
MANAGING EDITOR WINNIPEG
Elisha Dacey
ADVERTISER INQUIRIES
adinfowinnipeg@metronews.ca
General phone 204-943-9300
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

metro LIFE
• MONEY
• WORK
• HEALTH
• SCHOOL
Your essential daily news

Play safe: Volleyball is the sport with the fewest injuries, researchers say

If your kid takes a hit, reach for concussion handbook

CHILDREN'S HEALTH

Specialist creates guide to symptoms and recovery

At the tender age of 17, Warren McNeil considers himself a concussion veteran. He's sustained six brain injuries playing hockey and lacrosse, one of which knocked him out cold.

For five of those concussions, the Toronto teen was able to return to school and sports after a week or two of resting in a dark room to avoid overtaxing his healing brain.

But the last one in October — the result of being been hit from behind while playing hockey and falling head-first into the boards — was different.

Though the blow hadn't knocked him unconscious (unlike the previous one in which he got nailed in the head by a lacrosse ball while playing goal) this one seemed to "really hit me hard."

A week after the concussion, McNeil started to feel better and figured his recovery would mimic his previous five.

"And I went on a bike ride with a friend on the Saturday, and Sunday morning I woke up and I felt like I'd been hit by a bus," he said.

"And you don't know what to do, because I'd never had that happen before," said McNeil, who for weeks continued to experience myriad symptoms that kept him out of school and away from his usual activities: starred and blurred vision, nausea, headaches, dizziness, anxiety and depression and "horrible" concentration.

NATHAN DENETTE/THE CANADIAN PRESS

It wasn't until he and his parents attended a concussion information session at Holland-Bloorview Kids Rehabilitation Hospital that the high school student learned why he was having so many difficulties and, more importantly, what he could do to help himself recover.

The educational tools that concussion specialists provided for McNeil are now available in a free handbook that can be downloaded at hollandbloorview.ca/concussionhandbook.

"It makes concussion education accessible and digestible for kids and families," said Nick Reed, an occupational therapist and researcher at Holland-Bloorview who specializes in concussion.

The handbook not only helps parents identify when their child may have suffered a concussion and what that injury does to the brain, but it also sets out strategies for speeding up recovery and avoiding setbacks.

"I relate it to a gas-tank analogy," Reed said Wednesday during the launch of Concussion and You: A Handbook for Parents and Kids.

"Everything we do in our life uses fuel, and our brain is that gas tank. When you have concussion, a lot of that fuel is going to healing that injury, so we don't have a lot in the tank.

"If we do too much and we're not smart about the activities we engage in," he said, "that fuel's going to run out very quickly," leading to a prolonged recovery period that for some can go on for many months.

The handbook provides tips on conserving energy, how to get good-quality sleep and proper nutrition, and relaxation exercises to protect the brain and to promote healing.

Logs for recording daily activities and their effects on symptoms are meant to help children with a concussion make and achieve reasonable goals that will help them return to school and their regular physical pursuits.

"We know that the pediatric brain does not respond the same way as the adult brain, and their lives are very, very different," said Reed.

"Also, we want to make sure that everyone involved in a young person's life — whether it be a coach, a teacher, a parent, a friend or a medical professional — are all on the same page.

"And we're hoping this concussion handbook can really help lead the way there."

McNeil, who has given up contact sports because of an increased risk of suffering an even more serious concussion, said he's almost fully recovered. But 10 months later, he still has times when he feels a bit "wonky."

"I think having this book in particular — that day when I wanted to go on a bike ride, knowing how far to push myself or having more information about it when I woke up that Sunday morning — would have been so comforting," he said.

"I really do think it's going to help a lot of people. The more you know about it, the better you can deal with it."

THE CANADIAN PRESS

"I think having this book in particular when I woke up that Sunday morning would have been so comforting.

Warren McNeil, concussion veteran at age 17

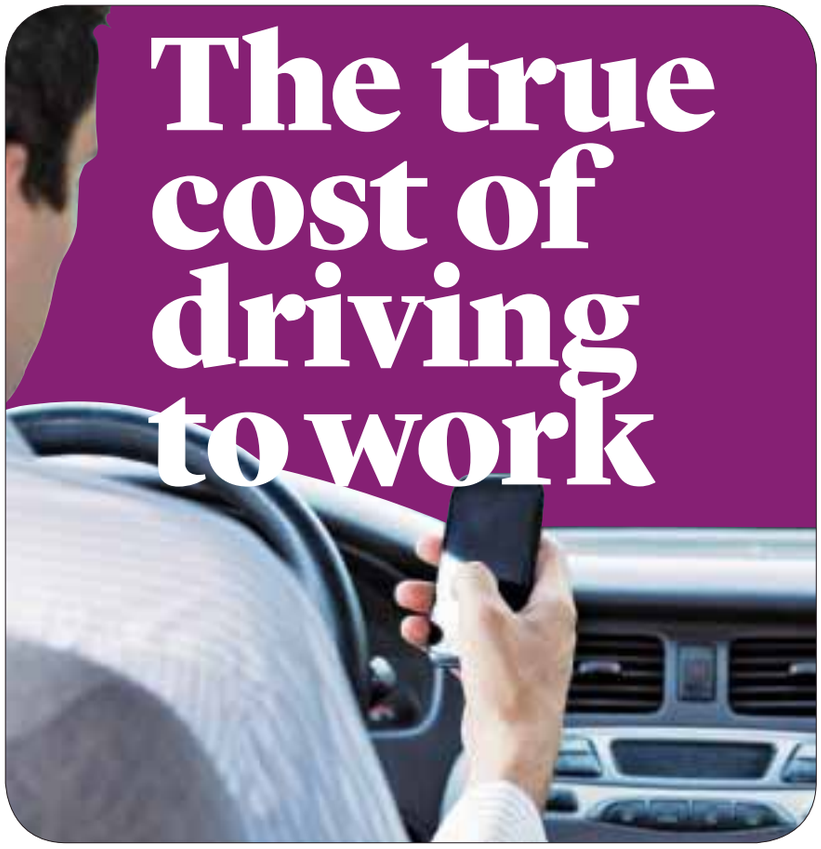
ON SAME PAGE

Book helps parents to take an active role, director says

Jennifer Smith, president of the 1,400-member Toronto Leaside Girls' Hockey Association and a director with the Canadian Women's Hockey League, said the handbook will be an invaluable educational tool for players, parents and coaches.

As a parent of a daughter who sustained two concussions playing hockey, Smith said it's critical that parents and coaches can recognize the signs of concussion and know how children with the injury should be cared for.

"It's terrifying when your child is injured or sick and you don't know what to do," she said. "Just having a little bit of knowledge is such a comfort to parents, (knowing) that they can take an active and proactive role in their child's recovery."



The true cost of driving to work

VEHICLES

Each click you commute will likely cost you $540 year

Kyle Prevost
youngandthrifty.ca

With house prices continuing to skyrocket across Canada, it seems like the only financially feasible path available to homebuyers is to consider a fairly substantial commute to their downtown places of work.

While owning a great house in the suburbs appears to be the ideal for many Canadians, the accompanying commute often leaves something to be desired.

While the fact that Canada's 15 million-plus commuters would prefer a shorter drive to work isn't exactly a headline-grabbing revelation, I think that most of us actually underestimate the true overall cost of driving to work every day.

The Canadian Automobile Association (CAA) claims that it costs about $0.54 per kilometre for the average person to drive a midsize car in Ontario.

For comparison purposes, a pickup truck clocks in at $0.70 per kilometre, and a compact commuter car runs about $0.46 per kilometre.

When most people think about a prospective commute they fail to take into account the increased wear and tear on their vehicle, as well as the increased maintenance schedule that is required.

Statistics Canada measured commuting back in 2011 and discovered that Canadian commuters spent an average of 25.4 minutes travelling to work.

This was very similar to the average found in the U.S.

With more and more Canadians having to look further away from downtown cores in order to afford housing, I think it's safe to say that this figure has not gone down over the past few years.

If you want to quantify your commute into the simplest terms, think about the fact the most people work around 240 days a year.

For every kilometre that you live away from your work, you will drive that distance twice a day, for 240 days — costing about $1 per day if you drive a small car.

I'm not sure what worth you place on your time (a valuable resource if you think about it), but if each kilometre takes about 1.5 minutes to drive, that's three minutes of your life every day for each kilometre you live away from work — or 720 minutes (12 hours) every year.

If your time is worth $25 an hour to you, that's another $300 annually per kilometre.

Overall, each kilometre you have to commute to your job will likely cost around $540 annually.

If the average commute is about 17 kilometres in Canada, that means that most Canadians that drive to their place of work are sacrificing roughly $7,540 each year.

If that much money was invested in your TFSA annually, and grew at an average rate of 8 per cent, you'd have more than $900,000 in 30 years' time.

Alternatively, you could afford roughly $100,000 more of house (assuming a 25-year mortgage with an average interest rate of 6 per cent) if you took that $7,540 every year and applied it to mortgage payments instead of commuting costs.

$ IN BRIEF

- There are more costs to driving a vehicle than the purchase price and gas.
- How much do you value your time and sanity when it comes to spending time in traffic?
- Sometimes you're no further ahead financially if saving money on a house means a long commute every day.

HIGHER EDUCATION

Half of post-secondary students are worried about debt: Poll

Worry over tuition and living expenses is dogging almost half of post-secondary students as they head back to school.

They're also afraid they won't be able to pay back debt once they graduate because they're concerned about finding a well-paying job, a poll issued by CIBC shows.

But experts say learning to keep finances in check is a lesson that will go far in helping students manage their money so they don't graduate owing a huge amount.

The online poll, conducted among 992 randomly chosen post-secondary students who are Angus Reid Forum panellists, took place from July 27 to 29.

The poll shows 48 per cent of students are most worried about covering tuition and living expenses for the upcoming school year as well as repaying school-related debt, of which 36 per cent expect to be $25,000 or more when they graduate. Some 37 per cent of post-secondary students say finding a job that pays well after graduation is a top concern.

More than a third of students expect to owe $25,000 or more on graduation. ISTOCK

The poll also finds that students, most of whom expect to spend $10,000 to $30,000 a year for schooling (tuition and books) and personal expenses, (rent and entertainment), anticipate a lot less help this year from parents. They expect their parents will cover 22 per cent of tuition and school costs, down from 33 per cent in a similar poll last year.

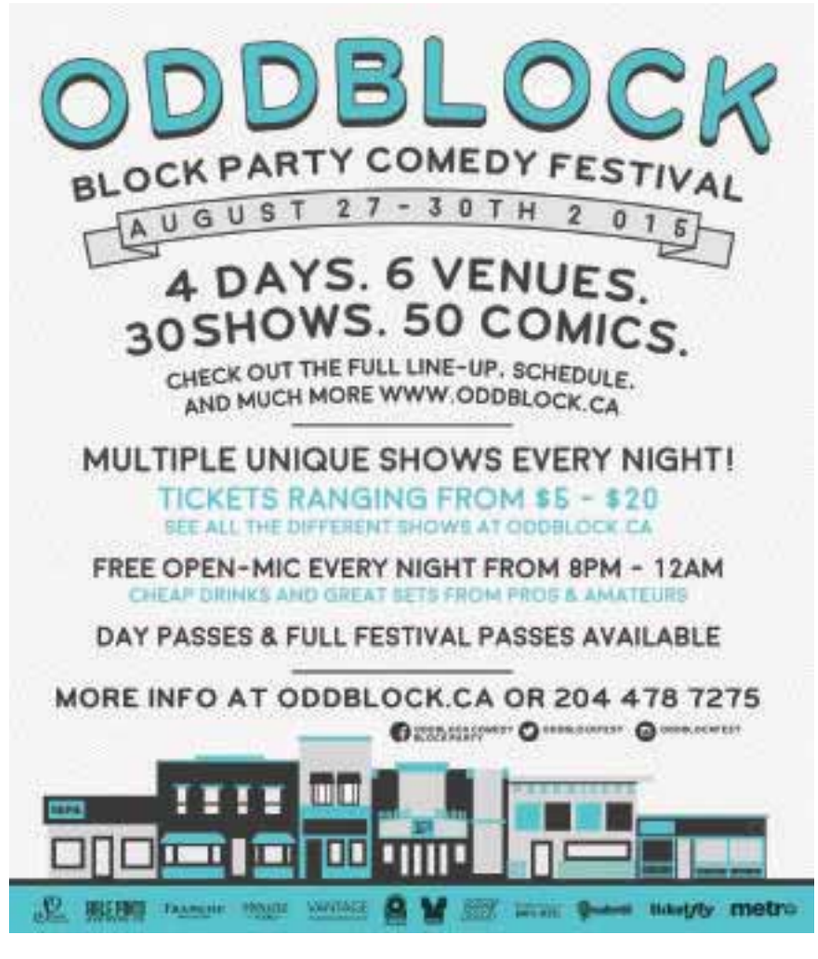
About 34 per cent say they will support themselves with jobs. Five per cent of respondents were concerned about finding and keeping part-time employment.

As many as 37 per cent of post-secondary students say they don't know if they'll be able to manage their finances after they finish school, with about one-fifth not expecting to be able to support themselves financially.

"Having a clear picture of your expenses today, as well as what your debt payments will look like when the time comes to pay back your loan, will help you feel ready for the future," says Christina Kramer, executive vice-president of retail and business banking at CIBC.

Sit down with parents or a financial adviser and consider costs involved in a post-secondary education. Create a plan that outlines how much the student will cover (including from loans, scholarships and bursaries and part-time jobs) and how much the parents will contribute (including from registered education savings plans or other savings).

Many financial institutions offer mobile apps so you can keep track of account transactions and balances. THE CANADIAN PRESS


ODDBLOCK
BLOCK PARTY COMEDY FESTIVAL
AUGUST 27 - 30TH 2015
4 DAYS. 6 VENUES.
30 SHOWS. 50 COMICS.
CHECK OUT THE FULL LINE-UP, SCHEDULE,
AND MUCH MORE WWW.ODDBLOCK.CA
MULTIPLE UNIQUE SHOWS EVERY NIGHT!
TICKETS RANGING FROM $5 - $20
SEE ALL THE DIFFERENT SHOWS AT ODDBLOCK.CA
FREE OPEN-MIC EVERY NIGHT FROM 8PM - 12AM
CHEAP DRINKS AND GREAT SETS FROM PROS & AMATEURS
DAY PASSES & FULL FESTIVAL PASSES AVAILABLE
MORE INFO AT ODDBLOCK.CA OR 204 478 7275
metro

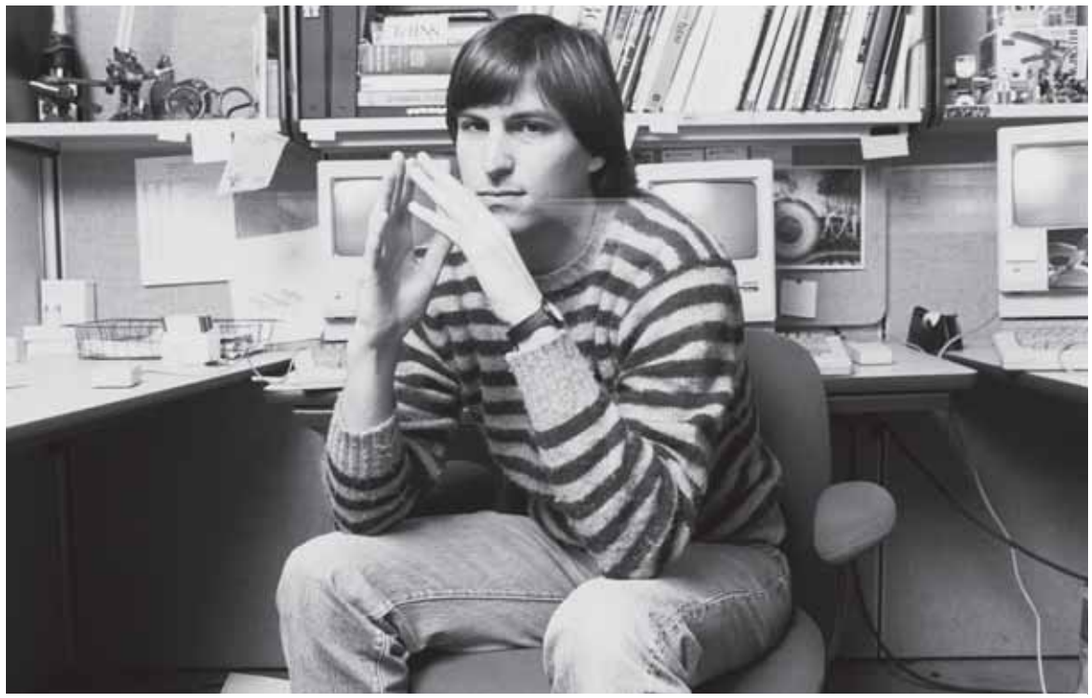
Take this Jobs and deal like a boss

COMMUNICATION

How to handle a demanding leader's work expectations

OFFICE RELATIONS

Eleni Deacon



Apple founder Steve Jobs was known for his mercurial leadership style as much as for his company's achievements. CONTRIBUTED

Visionary but reactionary. Inspiring but narcissistic. Not that much fun. In the just-released documentary Steve Jobs: The Man in the Machine, director Alex Gibney appears to reinforce darker characterizations of Apple's headstrong founder: the big-time CEO with an ego bigger than a 1980s desktop computer.

Jobs' bulldozer leadership style is often credited as an integral factor to his company's exceptional success. But while his purported intensity (and eccentricity) helped make him revered, it didn't make him easy to work for.

Jobs' difficult-but-brilliant reputation speaks to a common professional tension: the difference between leadership and management. Leaders, the thinking goes, energize their staff, guiding their employees and companies to extraordinary places. Managers, meanwhile, fixate on the humdrum minutiae of office life.

But while change-the-world leadership might be motivating, it can also be frustrating. How do you navigate a boss so focused on the big picture they don't ascertain the complications and pressures in your day-to-day?

To bring blue-sky bosses down to earth, practise tactful but upfront communication. Just got slammed with an unfeasible project? Don't simply complain that there's not enough time. Instead, outline the items currently in your to-do pile, and articulate how new ventures might affect your current responsibilities. Rather than expecting your boss to understand what you're doing, take it upon yourself to keep them informed.

> **When your superior has no interest in managing, manage up.**

When your superior has no interest in managing, manage up. This doesn't mean telling your boss what to do. It means identifying gaps in their knowledge and providing them with the intel necessary to lead effectively. It's possible to respect your boss's leadership while struggling to get a footing amid their flimsy management. In that case, building a supportive, informative relationship will provide you with leverage when their ideas or demands get unrealistic.

Steve Jobs may not have been the most reasonable personnel manager, but he didn't ignore details. He had a hand in every aspect of how Apple's products were conceived, built and sold, and was known to obsess over seemingly insignificant points. According to one former colleague, he spent 30 minutes trying to choose a shade of grey for the Apple stores' bathroom signs.

So while Apple's growth is often attributed to his larger-than-life leadership, smaller-scale concerns still played a key role. Leadership and management may not be the same thing — but they're also not mutually exclusive. Big achievements need a balance of both.

TIME MANAGEMENT

Doing less to be more productive in the office

Who isn't busy? Between constantly responding to emails, attending multiple meetings a day, and taking care of familial and social obligations, it's a wonder we get anything done.

And often we don't! Or, well, we get a ton of small, inconsequential stuff out of the way, but when it comes to the projects and goals that really matter, we hardly make a dent.

"Focusing on time management and productivity is actually making our problems worse," says business psychologist Tony Crabbe, author of Busy: How to Thrive in a World of Too Much.

"But all that that does is make people busier, less effective and, quite frankly, less happy."

Crabbe points to a study that found we consume six times more information than we did in 1986 — but that we produce an astonishing 200 times more. "So you think, 'Wait a minute. I'm producing 200 times more, and everyone else is consuming six times more.' That's just a ton of white noise nobody is paying attention to," he says.

His solution? Stop doing so much! But, how can we cut back on our workload without, well, getting fired? Crabbe gives us some guidance.

Surf your workload

Many of us organize every aspect of our day so we can squeeze in as much work as possible.

"People think, if they can get in control of their time, things will be OK, but that's unhelpful," says Crabbe. Instead, think of a surfer.

"The surfer doesn't try to control the sea — or catch every wave," he says. "Surfers succeed by choosing the right waves, taking risks and completely immersing themselves in the moment. They master the wave."

So instead of trying to get everything done, pick the most important things and give those your all. Even if that means sacrificing a few of the smaller tasks, the risk will yield greater rewards.

You can get more done by staying focused. ISTOCK

Tear up your to-do list

To-do lists? Totally useless. In fact, these scraps of paper only aid us in completing mostly meaningless tasks.

"A to-do list has 20 to 30 things that are not important enough to remember otherwise, which is why we have to put them on a to-do list," scoffs Crabbe. "You don't put the stuff that's going to change your life. You could argue that the very act of doing to-do lists drives your attention away from the stuff that's really important."

Ignore your email

Email is a great communication tool; it's also incredibly distracting. Let's face it: Not every email needs a response — even fewer need a response ASAP. And if we are constantly fielding messages and requests, then we'll never come up that brilliant project, article or strategy.

"Deliberately play with not getting your inbox to zero," Crabbe suggests. "Compete with your colleagues about how many unopened emails you have." And leave your phone at home if you find the email alerts distracting.

As for those meeting invites that pop up? Ignore those, too. "How many times do we go to a meeting out of fear? If the meeting doesn't pertain to you, decline. What's the worst that can happen?"

Always have a 'because'

It takes cojones to skip a meeting or ignore an email from a client because you are busy creating. But if you offer concrete reasons for why you have shirked or put off certain activities, people might just respect you.

"I had a client get upset that I wasn't responding to his emails right away," says Crabbe. "So I called him up and said, 'Look, I only look at emails once or twice a day to allow me to focus and create. Otherwise, I can't get anything done.' And you know, he went from being slightly irritated to inspired."

RAQUEL LANERI/METRO IN NEW YORK

IN BRIEF

No benefit of the doubt for Netflix from protests over selective mat leaves

Netflix is getting jeered for excluding the employees in its DVD-by-mail service from a recently introduced benefit that gives up to a year of paid leave to most of its workers after the birth or adoption of a baby.

At least three online petitions posted by activist groups are urging Netflix to extend the baby benefit beyond the roughly 2,000 workers in the Internet-video service that generates most of its revenue.

Netflix has about 450 temporary, part- and full-time employees in its steadily shrinking but still profitable DVD division.

The protesting groups contend Netflix is unfairly favouring the mostly high-paid employees in its Internet video service over its lower-paid DVD workers.

Netflix says its DVD employees get bigger paychecks and better benefits than people in comparable jobs. THE ASSOCIATED PRESS

metro SPORTS
Your essential daily news

Lewis Hamilton won the Belgian Grand Prix to extend his F1 lead over teammate Nico Rosberg

IN BRIEF

Rookie Lindor blasts Indians past Yankees

Francisco Lindor homered off Dellin Betances in the eighth and Trevor Bauer allowed just two hits in 6-1/3 innings as the Cleveland Indians defeated the New York Yankees 4-3 on Andy Pettitte Day in the Bronx on Sunday.

Carlos Santana homered off CC Sabathia for the Indians, who have won five of their last six games at Yankee Stadium. Sabathia departed in the third inning with right knee pain.

Lindor became the first left-handed batter to homer off Betances (6-3), who had faced 302 left-handed hitters without allowing a homer.

THE ASSOCIATED PRESS

Wacha wins 15th game, Cards hammer Padres

Michael Wacha pitched six solid innings and Stephen Piscotty homered twice and drove in five runs to help the St. Louis Cardinals avoid a three-game sweep by beating the San Diego Padres 10-3 Sunday.

Jason Heyward had three hits as St. Louis improved its major league-leading record to 78-45 and avoided getting swept for the first time this season.

Wacha (15-4) picked up his fourth straight win and added to his career-best win total by allowing just one run on four hits. He struck out three and walked two.

THE ASSOCIATED PRESS

Jays back in driver's seat

MLB

Toronto takes division lead after 3-game sweep of L.A.

Edwin Encarnacion went 4-for-4 with a homer and four RBIs, and the Toronto Blue Jays completed a thunderous three-game sweep of the Los Angeles Angels on Sunday with a 12-5 victory that vaulted them back into first place in the AL East.

The Jays' 16th victory in 19 games, coupled with the Yankees' 4-3 loss to Cleveland, put Toronto atop the division for the first time since Aug. 13.

The Blue Jays, who lead the majors by far with 670 runs, set a franchise record for a three-game series with 36. They totalled 48 hits against a vanquished Angels pitching staff that has surrendered 44 runs, 60 hits and 15 walks over their last four games following Jered Weaver's 1-0 victory over the White Sox on Wednesday. R.A. Dickey (8-10) won his fifth straight decision over seven starts, despite allowing five runs and 11 hits in six innings. The knuckleballing right-hander overcame a 39-pitch first inning in which he gave up all five runs.

In Friday night's series opener, Angels lefty Hector Santiago made 48 pitches in the first inning and gave up three runs en route to a 9-2 loss.

Dickey's catcher was Josh Thole, who was recalled Sunday from triple-A Buffalo to catch his knuckleball. Garrett Richards (12-10) was charged with nine runs and 10 hits in five-plus innings.

Toronto closed to 5-3 in the second inning when a hard grounder to third base by Troy Tulowitzki with one out and the bases loaded got past rookie Kaleb Cowart for an error that allowed two runs to score.

Jose Bautista scores a run on a single by Edwin Encarnacion on Sunday in Anaheim. STEPHEN DUNN/GETTY IMAGES

SUNDAY In Anaheim

BLUE JAYS	ANGELS
12	5

Richards minimized the damage by getting major league RBI leader Josh Donaldson to ground into a double play on the next pitch, but the Blue Jays grabbed a 6-5 lead in the third.

Encarnacion hit an RBI single that extended his career-best hitting streak to 19 games, Ben Revere had a run-scoring infield hit, and Kevin Pillar scored the go-ahead run when shortstop Erick Aybar misplayed Ryan Goins' grounder in the middle for the Angels' fifth error of the series.

Toronto increased its lead to 8-5 in the fourth with back-to-back homers by Jose Bautista (his 29th) and Encarnacion (his 24th). THE ASSOCIATED PRESS

14

The Blue Jays have homered in 14 straight road games.

BUY HERE PAY HERE®

Buy Here Pay Here in-house financing gives everyone equal opportunity to drive a safe and reliable vehicle, regardless of credit concerns.

You deserve credit from someone you can trust.

At Birchwood Credit Solutions, our interest is in your future, not your past. Working one-on-one with a credit specialist, with no sales people involved, we respect your time and budget because we can empathize with your situation. And, with Buy Here Pay Here in-house financing, we actually report your vehicle payments to major credit bureaus so you can comfortably establish or re-establish your credit and secure your financial future.

BUY HERE PAY HERE is a Registered Trademark of Birchwood Automotive Group Partnership. Registration Number: TMA451756

Birchwood CREDIT SOLUTIONS
A member of the Birchwood Automotive Group

Why go anywhere else?
Come directly to the one you can trust.

Three city-wide locations
1065 Salter Street - between Leila and Partridge
768 Nairn Avenue - corner of Chester Street
3965 Portage Avenue - inside Birchwood Honda West

toll-free:1-877-676-7914
Get on the road to stress-free car ownership
birchwoodcredit.com

De Grasse ties for bronze at worlds

TRACK AND FIELD

Markhamite excited to take next step in sprinting career

Andre De Grasse peered at the scoreboard, waiting and wishing, not knowing whether to frown or smile.

"So I just stayed straight faced," De Grasse said, laughing.

Several impossibly long moments later, the results popped up: De Grasse had tied for bronze in the 100 metres at the world track and field championships. What the scoreboard didn't say: 20 years old. Just his third year of running track. And the first Canadian to win a medal — or even make the final — in track's marquee event since Bruny Surin raced to silver in 1999.

Either way, third or fourth, it would have been a remarkable performance in a season packed full of them for the sprint sensation from Markham.

"The future looks bright," De Grasse said. "Next year I can't wait to see what kind of training I'm going to do, and I can only get stronger from here. It's only my third year in track and to be on the podium with these guys, it's incredible right now."

His performance capped a three-medal day for Canada, as Brianne Theisen-Eaton won silver in the heptathlon, and Ben Thorne won a surprise bronze in the men's 20-kilometre racewalk.

But the day belonged to De Grasse, who finished in a dead heat with American Trayvon Bromell in a time of 9.911, taken to the nearest thousandth of a second via a photo finish.

Usain Bolt, right, won gold in the 100 metres in a time of 9.79 in Beijing, Sunday. Andre De Grasse clocked in at 9.911. NG HAN GUAN/THE ASSOCIATED PRESS

MORE ACTION

De Grasse will also run the 4x100 relay at the world championships but not the 200, the event in which he broke the Canadian record twice this season.

Jamaica's world record-holder Usain Bolt won gold in 9.79 — .01 seconds faster than American veteran Justin Gatlin.

De Grasse has laid down one spectacular performance after another this season, sweeping the 100 and 200 at the NCAA championships, then repeating the feat at the Pan American Games in Toronto.

Only two Canadians — Surin and Donovan Bailey — had ever broken 10 seconds before De Grasse came along. He has done that six times this season, including running sub-10 in all three rounds here at the Bird's Nest Stadium.

Talking to reporters moments later, the young sprint star bounced back and forth excitedly, from one foot the other. Every answer to a question was followed with a laugh.

> **"I knew it would be tough, but I knew he could do it if he really wanted to.**
> Caryl Smith-Gilbert, De Grasse's coach

"Super surreal right now," he practically bellowed. "It feels like a dream. I actually got the bronze medal, and to end the season I had ... aw man."

THE CANADIAN PRESS

CFL

Swayze's boot takes Argos into safe Waters

Swayze Waters booted two fourth-quarter field goals to earn the Toronto Argonauts a wild 30-24 win over the Ottawa Redblacks on Sunday afternoon.

Waters broke a 24-24 tie with a 34-yard kick at 7:43 that was set up by Matt Black's smart play on Andrew Wilder's 33-yard punt. Black took the short kick in the air, resulting in a no-yards penalty that put Toronto at the Redblacks' 30-yard line.

Waters then hit from 36 yards out with 2:04 remaining. Henry Burris marched Ottawa's offence from its 35 to the Toronto 30-yard line before being sacked on third down with 41 seconds to play.

Waters was in his first contest with Toronto after missing six games with a knee injury. He also contributed big in the punt game, his last three covering 59, 59 and 58 yards, respectively.

Toronto (6-2) survived a frantic fourth to earn its third straight win and move into a tie with Hamilton (6-2) atop the East Division standings. Ottawa (4-4) remains third, two points ahead of Montreal (3-5) after dropping its second straight.

SUNDAY In Toronto

ARGOS	REDBLACKS
30	24

Jeremiah Johnson's two-yard TD run just 18 seconds into the fourth tied the score 17-17 before Jerell Gavins put Ottawa ahead with a 29-yard interception return touchdown just 39 seconds later. That capped a 17-0 stretch for the Redblacks.

But Trevor Harris countered with a 15-yard touchdown pass to Vidal Hazelton — Harris's third of the game — at 4:12 before a sparse Rogers Centre gathering of 14,748 on a glorious summer afternoon with the roof open. It was Toronto's lowest home attendance since 2003.

Kevin Elliott and Tori Gurley scored Toronto's other touchdowns. Waters added the converts along with his three field goals. THE CANADIAN PRESS

IN BRIEF

Ehrhoff signed by LA Kings

Veteran defenceman Christian Ehrhoff has agreed to a one-year contract with the LA Kings. The club confirmed the signing Sunday without disclosing financial terms.

Ehrhoff scored 14 points in 49 games for Pittsburgh last season before missing the final 33 games and the post-season due to injury. The German, 33, has also played for San Jose, Vancouver and Buffalo. He has 327 points in 741 career games.

THE ASSOCIATED PRESS

Suarez cleans up after Messi as Benitez's Madrid draw

Lionel Messi missed a penalty kick but Luis Suarez scored in the second half to give Barcelona a 1-0 victory over Athletic Bilbao in its Spanish league opener on Sunday.

That gave the defending champion a small gap on archrival Real Madrid right away, as Rafa Benitez started his stint in charge with a 0-0 draw at promoted side Sporting Gijon.

THE ASSOCIATED PRESS

PREMIER LEAGUE

Perfect Pedro debut props up Chelsea

Pedro Rodriguez was signed by Chelsea to inject some life into the English champions after their lacklustre start to the season.

He took 30 minutes to do just that. The Spain forward scored one goal and set up another in his first half-hour of Premier League football, setting Chelsea on its way to a 3-2 win over West Bromwich Albion and a first victory of its title defence.

"How many top players come to England and don't perform immediately," Chelsea manager Jose Mourinho said of Pedro, who joined for $33 million from Barcelona. "It's very nice for him to perform the way he did."

Crisis averted for Chelsea, which had opened with one point from two games, but there's still a way to go to catch first-place Manchester City.

City earned its third straight win this season — and a club record-equalling ninth victory in a row — by beating Everton 2-0 thanks to second-half goals by Aleksandar Kolarov and Samir Nasri. With eight goals scored and none conceded, it is an ominous start by a team looking for a third title in five seasons.

Watford drew 0-0 with Southampton in Sunday's other game.

THE ASSOCIATED PRESS

Pedro nets for Chelsea on his debut GETTY IMAGES

NFL

Redskins' Griffin III OK after concussion

Robert Griffin III returned to practice Sunday, three days after the Washington quarterback left the Redskins' exhibition game against the Detroit Lions because of a concussion. Griffin fully participated in individual, 7-on-7 and 11-on-11 drills during the approximately two-hour session at Redskins Park.

> **"He'll be checked by a neurosurgeon later this week to determine whether he'll be cleared for (Saturday's game against the Ravens).**
> Redskins' coach Jay Gruden

"He was cleared for non-contact activity today," coach Jay Gruden said. "He'll be checked by a neurosurgeon later this week to determine whether he'll be cleared for (Saturday's game against the Ravens), but so far so good. "He didn't have any headaches or anything of that nature. He did a good job of executing the offence today."

Griffin wasn't available to the media Sunday. He was injured when Lions defensive end Corey Wootton landed on him while the quarterback tried to recover his own fumble early in the second quarter of the Redskins' 21-17 home victory Thursday night.

Griffin was sacked three times and fumbled twice in four possessions. He went 2 for 5 for 8 yards.

THE ASSOCIATED PRESS

RECIPE Heirloom Tomato, Nectarine and Feta Salad

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Heirloom tomatoes come in a variety of colours and shapes that have been passed down through the generations. Serves 6.

Ready in
Prep time: 10 minutes

Ingredients
- 2 ripe nectarines
- 2 yellow or green heirloom tomatoes
- 2 red field tomatoes
- 1/3 cup crumbled light feta cheese
- 1/2 cup pomegranate seeds (optional)

Dressing:
- 2 Tbsp olive oil
- 2 tsp finely grated lemon zest
- 2 Tbsp lemon juice
- 2 tsp honey

Garnish
- 3 Tbsp chopped basil

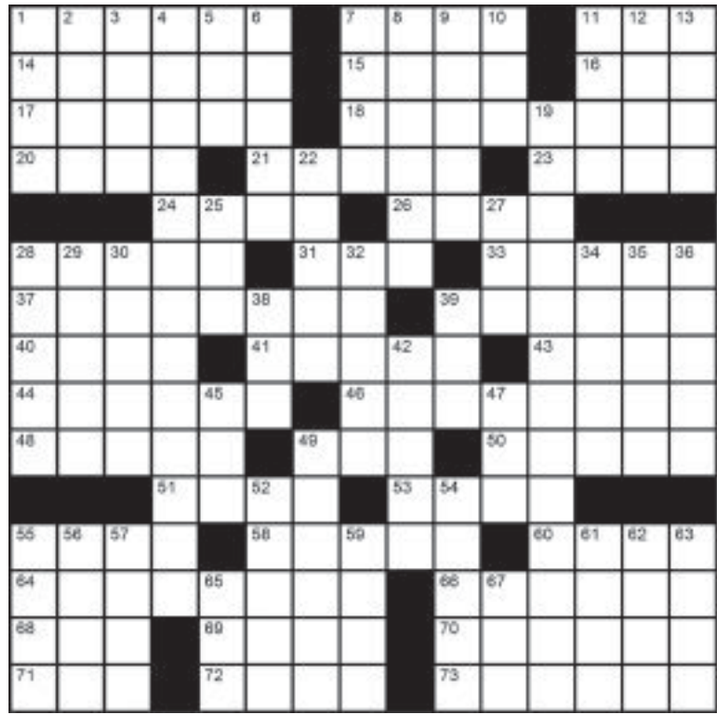
Directions
1. Slice nectarines into 1/2-inch wedges.
2. Slice all tomatoes into 1/2-inch horizontal pieces.
3. Add nectarines and tomatoes to serving platter. Add feta and pomegranate seeds, if using.
4. Combine ingredients for dressing, pour over top and garnish with basil.

Nutrition per serving
- Calories 100
- Protein 3 g
- Carbohydrates 10 g
- Fibre 2 g
- Total fat 6 g
- Saturated fat 1.5 g
- Cholesterol 0 mg
- Sodium 105 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Island where Nunavut's capital Iqaluit is located
7. Stephen King's dog-with-rabies book
11. DreamWorks ___ (Movie studio)
14. Checking e-mail
15. Receptive
16. Nautical rope
17. Dessert offering
18. Elevation
20. Shindig
21. Ms. Carter of "Designing Women"
23. Betting likelihoods
24. Itar-__ (Russian news agency)
26. Scuffle
28. Violin virtuoso Mr. Stern
31. Weekend day, for short
33. Do well in life: 2 wds.
37. Hysteria
39. Like overly liquefied sauce
40. Scream
41. It's not a nectarine, it's a what?
43. Dry
44. Goes under the beach game's stick
46. Canadian specialty channel that airs "Continuum"
48. Space distances, for short: 2 wds.
49. Pro bono TV spot [acronym]
50. Lynn __ (Judge on "Divorce Court")
51. Between harbours
53. Berth
55. Pad __ (Noodle dish)
58. Sugar cubes in the coffee
60. Kiln kind
64. Trachea
66. Dog breed
68. 'Meth' suffix
69. "Up and __ '_!" (Wake up time greeting)
70. Suggest
71. Queen __. _. (Toronto thoroughfare)
72. Mackerel variety
73. Orange juicer

DOWN
1. Exploding device
2. Crosswords buffalo
3. Winter bugs
4. Intertwined hairstyle often worn to one side: 2 wds.
5. Li'l lengths
6. Wants
7. Cajole
8. Raise spirits
9. Baseball great Derek
10. 'Pepper' suffix (Pizza topping)
11. Type of earring
12. Frances Shand __ (Princess Diana's mother)
13. Gollies
19. Compact car manufactured in Cambridge, Ont.: 2 wds.
22. Magazine installment
25. Horiz.
27. Classic range cooker company
28. Pastoral poem
29. Go to that movie: 2 wds.
30. Soap opera, "__ __ Children"
32. Collect
34. Savage
35. Originate
36. Actress Winona
38. Web ID addresses
39. UN public wellness agcy.
42. Victor
45. Old spy gr.
47. Intl. commerce group
49. The Prince and the __ (Mark Twain story)
52. Upper crust
54. Felix's roommate
55. Poetic contraction
56. Clue
57. Freshly
59. Office note
61. Grad
62. Show allegiance
63. Golfer when readying for play, say
65. B.C.'s ocean
67. Corrida call

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Something you have always accepted as true is about to be revealed as, at best, a hoax and, at worst, a lie. You may never trust so-called "experts" again.

Taurus April 21 - May 21
You are dwelling on what is going wrong in the world instead of on what is going right, so it's no wonder you are unhappy. Worry less, smile more and take life as it comes.

Gemini May 22 - June 21
You may be having second thoughts about the direction your life is taking but now is not the time to make major changes. Stay on the path you have chosen. Things don't make sense, but they will eventually.

Cancer June 22 - July 23
The changes that occurred last week will inevitably have a knock-on effect, leading to changes in other areas. With luck planet Jupiter moving in your favour they should overwhelmingly be changes for the better.

Leo July 24 - Aug. 23
You seem to be on the defensive but there is no need. The overall cosmic picture is exceedingly good and will get even better. It'll get better quicker if you stop worrying so much.

Virgo Aug. 24 - Sept. 23
You are at odds with what those around you appear to believe but you must not change your opinions just to please them. You see something that everyone else has missed.

Libra Sept. 24 - Oct. 23
You may be in a panic and try to get everything done in a mad rush. Not only is that unnecessary but it could be counter-productive as well. Focus on one goal at a time.

Scorpio Oct. 24 - Nov. 22
Never doubt that you are heading in the right direction or that you will succeed. There may be times when you find it hard to keep your doubts at bay but you must. You have sacrificed too much to give up now.

Sagittarius Nov. 23 - Dec. 21
Some people may criticize you for refusing to change your ways but they will realize that you were right. It is your fixity of purpose that will bring you success.

Capricorn Dec. 22 - Jan. 20
There are certain people you would be wise to avoid. You know who they are and you know what is likely to happen if your paths should cross, so plan your route carefully!

Aquarius Jan. 21 - Feb. 19
You may be under pressure to get one task finished so you can start on another but don't rush. If you make a mistake you will have to go back to the beginning and start over.

Pisces Feb. 20 - March 20
Your head may be full of great ideas but make sure they are practical. If not you could be heading for disaster around the time of Saturday's full moon. Plan carefully and don't let your enthusiasm carry you away.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			2				6	
		9			1			
	3	5						2
						2	7	9
	4			3			1	
6	5	7						
3						5	8	
			1			9		
	1				8			

©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

How's the news today?
Join our Online Reader Panel and help make your Metro News even better. Join for a chance to win a $25 gift card.
metronews.ca/panel
metro

RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION

Advance Your Career

CONTINUING EDUCATION OFFERS:

- Innovative programming
- Instructors with industry experiece
- Flexible delivery options (in-class, online or on-site)
- Hands-on learning and opportunities to gain practical skills
- Industry-recognized certifications

REGISTER NOW!

Download or pick up your copy of the **Fall 2015 Course Schedule.**

Visit **rrc.ca/coned** for more information.

THE DIFFERENCE IS HERE

204.694.1789 OR 1.866.242.7073 | CDE@RRC.CA | RRC.CA/CONED